



## Dr. Nimrat P. Singh

Founder of Tangram | Mental Health & Wellness Coach | Clinical Psychologist |  
Leadership & Life Coach | Jungian Psychologist | Co-Founder of Swabodha  
Foundation | Founder of Aarohi Foundation for Women

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### Profile Summary

Dr Nimrat Singh is a distinguished Mental Health and Wellness Coach, Psychologist, and Educator with over 30 years of proven impact across clinical, educational, and organisational settings. Holding a Doctorate in Psychology, she combines academic rigor with compassionate practice, making her a transformative force in the evolving landscape of mental health and emotional well-being in India and beyond.

As the visionary founder of Tangram, a Centre of Excellence for Counselling, Psychotherapy, Training, and Psychometric Assessment, she has pioneered integrative, culturally sensitive, and outcome-oriented mental health services that benefit both corporate ecosystems and educational institutions. Her leadership has led to the successful completion of over 250 transformative projects, directly impacting more than half a million individuals across sectors.

She is also the co-founder of **Swabodha Foundation**, a not-for-profit platform advancing mental health awareness and professional development for psychologists, and founder of **Aarohi Foundation for Women**, which facilitates holistic retreats and well-being programs focused on women's empowerment and life balance.

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### Core Expertise

- Psychotherapy and analysis
  - Organisational Behaviour and Mental Health Expertise
  - Leadership & Executive Coaching
  - Psychometric Assessments & Training Design
  - Youth Mentoring & Career Guidance
  - Women's Emotional Wellness & Life Coaching
  - Integrative Modalities: Jungian Psychology, Pranic Healing, Mindfulness
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### Thought Leadership & Innovations

Dr Nimrat Singh is known for fusing Eastern wisdom traditions with Western evidence-based psychological practices, creating a unique therapeutic model that resonates deeply with diverse populations. Her pursuit of advanced training in **ISTDP (Intensive Short-Term Dynamic Psychotherapy)** and **Analytical Psychology** underlines her commitment to lifelong learning and therapeutic excellence. Her approach reflects a commitment to **holistic mental health**, grounded in research, empathy, and spiritual integration.

She has worked extensively in **underserved and rural geographies**, guiding students and educators through journeys of self-discovery, emotional resilience, and career alignment. Her tailored interventions in schools and higher education institutions have played a significant role in shaping inclusive mental health support systems.

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### Awards & Recognitions

- **Global Business Excellence in Social Impact** – Guide, UK
  - **Women Achievement Award** – World Sikh Chamber of Commerce, Gujarat (2025)
  - **Certified Jungian Analytical Psychologist** – Member of the International Association for Analytical Psychologists (2025)
  - **Certified International Society for Mental Health Advocacy and Action (ISMHAA)** - Life Time Member (2026)
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### Signature Contributions

- **25+ years** of leadership in mental health and applied psychology
  - **500,000+ lives impacted** across corporate, education, and community programs
  - **250+ projects** executed in clinical, educational, and organizational domains
  - Creator of one of Gujarat's pioneering **mental health and wellness centres**
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### Mission & Vision

Dr. Nimrat Singh believes that mental health is the foundation of human potential. Her mission is to foster emotionally intelligent individuals, resilient communities, and thriving workplaces by promoting mental health discussions and making services accessible, relevant, and effective. She acts as a catalyst for positive change — inspiring new approaches in therapy, leadership, and emotional empowerment.